

Cougatsill Frétard—Squash Omelet

Recipe from my Aunt Florence (a good New Englander who married my Italian Uncle Nick Caldarone!)

Sauté 2 or 3 slices of onion in oil. Sauté with onions 1 stalk of sliced celery. Slice two small zucchini squash and sauté along with the onions and celery until tender-crisp. Add a few pieces of tomato—fresh or canned—I used about ½ cup of fresh cherry tomatoes—until barely cooked. Season to taste with salt, pepper, and basil.

Beat 6 or 7 eggs until foamy and a little more. Season with ½ teaspoon salt, 2 tablespoons grated Parmesan cheese (or a little more), and a bit of pepper.

In a 9 or 10 inch non-stick skillet, heat just enough oil to coat the bottom of the pan. Pour in the egg mixture. Spoon the vegetable mixture on top of the egg mixture. Using a rubber spatula, lift up the edges of the omelet and let the uncooked egg run over to the edge. Continue until the egg mixture is set. If you are ambitious, turn the omelet. I can't do that, so I just cut it into wedges or squares (depending on the pan I use) and serve that way.

Serves 5-6. It is easy to make the recipe larger or smaller—adjust as needed.